

Quick Start Guide

Dashboard- what you'll see when you first log in

The screenshot shows the LiveWell Vermont dashboard with the following elements and callouts:

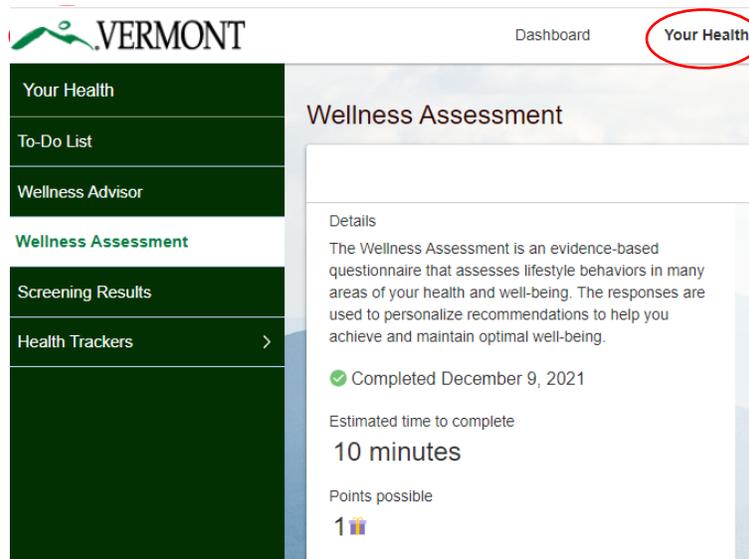
- Navigation Bar:** VERMONT, Dashboard (circled in red), Your Health, Incentives, Education, Events, Challenges, Challenges De..., Coaching, Jaxi.
- Header:** LiveWell Vermont logo, "One Life. Live it Well!" slogan.
- Central Panel:** "Complete your Wellness Assessment" with icons for Physical, Nutrition, Financial, Intellectual, and Social/Emotional.
- UPCOMING EVENTS:** A calendar graphic with the text "Email the LiveWell Team to add your event to the calendar!".
- Incentives Section:** Shows "125 of 401 earned" and "Campaign ends on...".
- To-Do List:** A section with a small icon.
- Bottom Panel:** "Cold Temps & Exercise" with an image of a person walking.

Callouts:

- "Start here and take your Wellness Assessment!" (points to the central assessment area)
- "Find eligible activities and log points here" (points to the central assessment area)
- "Clicking this box takes you to a calendar of events for SOV and partners" (points to the UPCOMING EVENTS section)
- "Find Weekly Tasks for your challenges here" (points to the calendar)
- "Sign up for challenges and log your progress here" (points to the bottom panel)
- "This shows your points for the WHOLE YEAR" (points to the Incentives section)

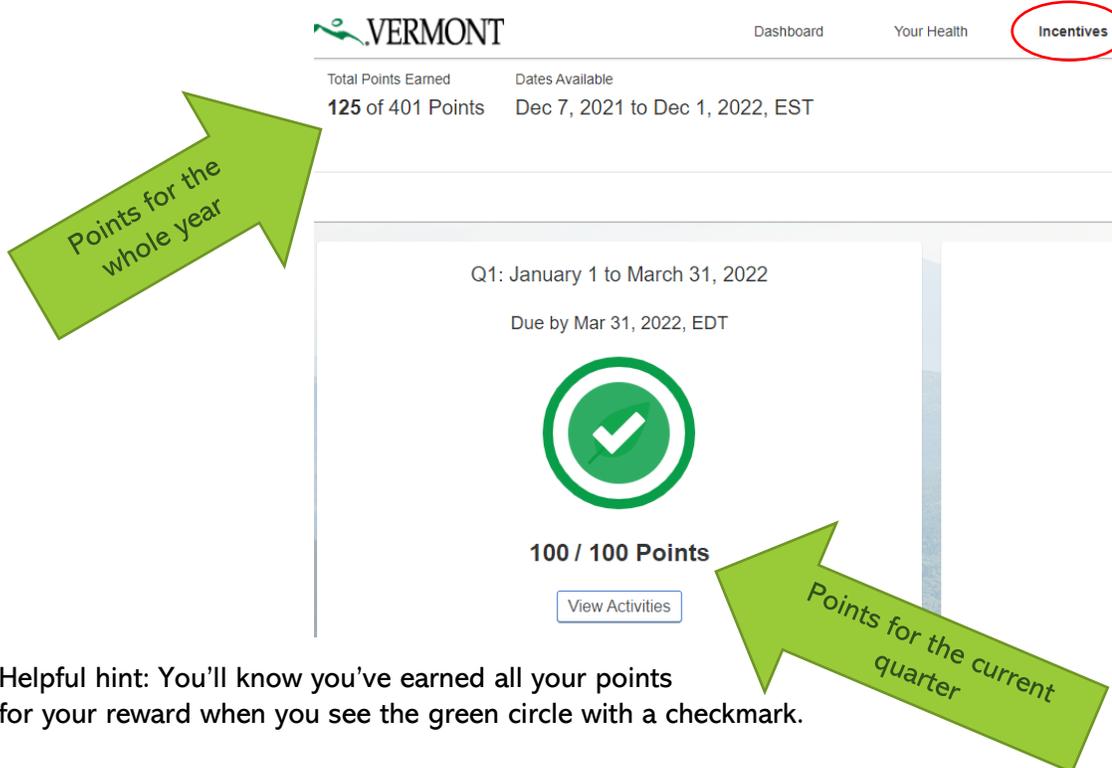
Helpful hint: Click on each of the boxes on your Dashboard to explore more activities!

Your Health- take your Wellness Assessment and find your trackers



Helpful hint: find instructions for syncing trackers with your devices [here](#)

Incentives- find and complete eligible activities, and see your points for the current quarter.



Helpful hint: You'll know you've earned all your points for your reward when you see the green circle with a checkmark.